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Isabella Main, Shiva Yogi, Lillian Gem, Lillian Way

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Book 1 - Chakras for Beginners

The Ultimate Guide to Chakra Healing! Learn How to Balance Chakras, Meditate, Strengthen Aura, and Radiate Energy (Reiki, Yoga, Chakra Balancing, Healing, and Meditation)

The book, Chakras for Beginners, is a beginner's guide to the chakras. It is the ultimate guide to chakra healing. It will introduce readers to the chakras, make them understand what the chakras are, where they are located and their roles in our bodies and life. The book will further enlighten the reader about the various chakras and how they can be able to open, heal and balance the chakras to bring about a well nurtured holistic body. The book will introduce the reader to the various yoga exercises they can indulge in to bring the balance required in the body and chakras and further guide them through a meditation sequence for the same.

Book 2 - Yoga For Beginners (WITH PICTURES)

9 Super Useful Tips to Learn How to do Yoga, Improve Yoga Poses and Experience the Benefits of Yoga

This is a book that gives detailed information about the Yoga practice. It is meant to help the reader achieve better results from the Yoga practice. It will give advice on how to do Yoga the best way. The reader will be guided on how to improve on Yoga exercises therefore achieving more from the practice. It will give very useful tips while recommending the best poses and best environments to perform the exercises.

Book 3 - Living In The Now

Master The Art Of Living in the Now and Spiritual Awakening. Carpe Diem! How to be spiritual, live in the moment and be present at all times. Bonus chapter with Daily Meditations

Many people have had the enlightenment and if you had realized the truth of who you really are, life will never be the same. However, everyday life and busy schedule might take you away from living in the now to stress and overworking yourself. Living in the now is the only place where you can be truly happy. The book is your guide on how to live in the moment, be true to yourself and enjoy every single moment and be genuinely happy.

Book 4 - Meditation for Beginners

The Ultimate Meditation Guide: Daily Meditations - How to Meditate to Relieve Stress and Depression. Experience the Benefits of Meditation - Be truly Happy and Peaceful.

This book Meditation for Beginners is the ultimate guide to meditation for beginners. It will help introduce a beginner to various types of meditation and their techniques. It will also enlighten them on the various benefits that they will derive once they start meditation. It is meant to be a resourceful guide that will help them take some time off their duties and unlock the power from within and without therefore helping them come to self actualization. The book will help readers become sensitive to their environment therefore developing a sense of intelligence that will help them unlock productivity and happiness in life. Besides being a source of information for beginners, this eBook will also help those already enjoying the fruits of meditation get much more. It will provide a step by step guide to getting into an maintaining a meditative life. After reading this book the reader should expect much more awareness and an improvement in their emotional intelligence.

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Garland Thorpe:

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Daniel Hanson:

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